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Ironman: The Gordon Haller Story

A thesis submitted in partial fulfillment
of the requirements for the degree of
Master of Arts in Journalism

by

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August 2016
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ABSTRACT

The documentary film *Ironman: The Gordon Haller Story* takes a look at an ordinary man who accomplished the extraordinary feat of winning the first Ironman triathlon in 1978. Gordon Haller was born and raised in Oregon before a career in the United States Navy took him to Hawaii where he would eventually participate in the first Ironman competition. He is now a programmer analyst for Walmart, living with his wife in Bella Vista, Arkansas. This 26-minute film includes interviews with Haller as well as his wife, a friend and the director of development at the American Diabetes Association where he volunteers. The documentary film is comprised of footage I shot at the Hallers' home, a local hospital, and at regional races. This film provides a look at other aspects of Gordon Haller's life besides his race victory nearly four decades ago. The film also explores how his athletic endeavors have continued to affect his life both in negative and positive ways. The goal of this film is to illustrate how a person is more than his or her accomplishments. The purpose of this documentary is to show while Haller did accomplish an impressive athletic achievement, he is still a regular guy.

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I. INTRODUCTION

Gordon Haller found a passion for athletics at a young age. He participated in track and cross country through high school and college. While attending Pacific University in the summer of 1969, a series of illnesses left him unable to participate in sports for months. This incident helped fuel his drive to make exercise a way of life. That lifestyle is one to which he is still committed at the age of 65.

Haller had a 24-year career in the U.S. Navy and during that time he lived in Oregon, California, and Hawaii. While running a marathon in Hawaii, Haller had to quit the race because of an injury. This competition is where he first heard about the Ironman race. It combined three of the island's endurance events into one contest in an effort to determine which athletes were the best: swimmers, bikers or runners. Because Haller's workouts were varied and included swimming, biking, and running, the race seemed like a perfect fit for him.

For better or worse, winning the first Ironman race in 1978 continues to impact Haller's personal life. This film explores the advantages as well as the disadvantages of Haller being a well-known athlete in the triathlon community.

II. RESEARCH

A. INITIAL RESEARCH

The idea for this film developed while visiting a friend in South Carolina last summer. When he lived in Fayetteville, Arkansas, my friend was part of the local running community and had learned about Gordon Haller who also lived in the region. My friend explained Haller was the first Ironman champion and he still competes today, but he is not fond of how commercial Ironman has become.

I was intrigued on two levels. First, I was interested in the fact that Haller was the first to have accomplished this feat. Being the first at something puts you in an elite class. Only a small group of people will ever understand what it means to be the first in anything because there are so few who can earn the honor. Second, I was fascinated by the idea that this race, which was how many people defined him, was not necessarily something with which he was proud to be associated. I wondered why he felt that way and if he struggled with the dilemma of being forever linked to something he may not endorse. Because so many fans and other athletes know him as the first Ironman triathlon winner, how he wants to be perceived in that regard is mostly out of his control. He is a public figure in the triathlon world so athletes are often excited to meet him and want to take his picture or get his autograph.

As a child I remember people speaking about a high-ranking instructor in our martial arts organization with such reverence. They spoke as if he was some sort of celebrity. When I finally met him, I was struck by the fact that he seemed like an ordinary man. Sure, he had several athletic accomplishments, but he was quite average in appearance and in personality. That is the story I decided I wanted to tell. Yes, I wanted Haller to recount his experience in that historic race, but my main goal was to give the audience a chance to see other facets of his life and his

personality. He is an average guy with a wife, children, and friends. He goes to work every day like most people and when he has time, he volunteers in his community. I thought perhaps the everyday side of Haller was a story not many had been told and maybe it was a story the athlete had never had the opportunity to share.

The story Gordon Haller has been able to tell again and again is the tale of his victory at the first Ironman triathlon on February 18, 1978. The race began as a “beer-fueled debate” among athletes over who was the fittest: swimmers, runners or cyclists (Ruibal, 2003). To settle the debate, U.S. Navy Commander John Collins proposed combining three existing races: the Waikiki Roughwater Swim (2.4 miles), the Around-Oahu Bike Race (shortened from 115 miles in two days to 112 miles in one day) and the Honolulu Marathon (26.2 miles). Fifteen competitors began the race and only a dozen finished including 27-year-old Gordon Haller who won with a time of 11 hours 46 minutes and 58 seconds.

Haller was in shape for this challenge because of the lifestyle to which he had become accustomed in the Navy. His work schedule had him completing approximately six days of work in five days. He typically had three days off at time so he would work out on his first and third day off. On an average day he might run 10 miles in the morning, bike 100 miles, take a nap, swim a couple thousand meters, and then go run another 10 or 15 miles (Whitney, 2003). His varied workout routine made him an ideal competitor for the newly-invented Ironman triathlon.

While training for that first Ironman race, Haller began with a little swimming and a lot of weight training and biking. The month of the race, he cut down on swimming and biking and increased his running. During the first two weeks of February 1978, Haller ran 187 miles, swam six times, and rode 20 or 30 miles (Dessart, 2015).

Haller's lifestyle of fitness started at an early age. He grew up in Forest Grove, Oregon where he wrestled, played tennis, and ran track and cross country. In college he attended Pacific University where he lettered in swimming, soccer, track, and cross country (Williams, 2015).

After winning that first race in 1978, Haller continued competing. He has participated in 23 Ironman races and about 30 other triathlons of varying distances. He has been back to compete in the Ironman in Hawaii 16 times. His most recent trip was in 2013 when he finished with a time of 15 hours, 37 minutes and 47 seconds. Haller intends to return in 2018 for the 40th anniversary of his first victory (Williams, 2015).

Haller's competitive spirit has not changed over the last 38 years, but the Ironman race has. The sport has grown exponentially. The race's 25th anniversary, for example, had an estimated crowd of 25,000 spectators, a national television audience, and a \$100,000 champion's check (Whitney, 2003). Most of the 1,500 competitors at that race came from the 50,000 people who entered qualifying races around the world. Approximately 4,300 athletes entered a race lottery that awarded 150 spots to American citizens, 50 to international athletes, and five to physically-challenged athletes (Whitney, 2003). Today Ironman is a global brand with over 200 events in more than 25 countries.

B. INTERVIEWEE RESEARCH

Chuck Cates was the first person with whom I made contact. A friend of mine knew Cates from a running club they both participated in and said Cates was acquainted with Gordon Haller. My friend also suggested Cates as a potential interview subject because he thought his personality would really shine on camera. He was right. Some of my favorite stories about Haller came from Cates.

My first conversation with Gordon Haller was by phone. Cates gave me his number and I cold called him one day. I had been told by Cates that Haller loves to share his story, but I was still nervous about making the pitch. For my previous documentary, the majority of the interviewees were people I already knew. I had no relationship with Haller so I was concerned he would have no incentive to agree to be the subject of my film, especially if he had reached the point where he was tired of telling his story. I also worried that because it was a student film, maybe he would not want to dedicate the time to a project that would not be seen by a large audience.

While I did not know Haller, it turns out he was familiar with me. I am a reporter for the local NPR station and he knew of me from listening to our station. I was a little embarrassed, but saw this as a great opportunity to start building a relationship. Building trust with interviewees is so important because they need to trust you in order to feel comfortable enough to share their story with you. The more at ease they are, the more likely they are to tell you intimate stories and those tales are often the best ones to share with your audience.

Haller agreed to participate pretty quickly and wanted to know when I wanted to start. We talked for a while and he told me a lot about his life during that initial conversation. I was excited to know he was quite the conversationalist because chatty interviewees are so much better than quiet ones. At the same time, I was concerned about this characteristic being troublesome when it came time to edit the film. Because of his penchant for details and his tendency not to be concise, I knew almost instantly the film would require a narrator to help consolidate some of his thoughts.

Though she may have been a little hesitant at first, I was able to convince Beth, Gordon Haller's wife, to be part of the film. I had to include her because who would know Gordon Haller

better than someone he met in 1979 and married in 1982? I wanted to interview her in order to show the more personal side of her husband. She could speak to his role as a father and a partner. She could tell me about his personality and little quirks that only someone you share a life with could know.

I included Chuck Cates in the film because he could speak to Haller as an athlete and could offer a perspective on what he means to the sport. I had heard Haller was involved in volunteer work so I also interviewed Malorie Marrs. She is the director of development for the Northwest Arkansas chapter of the American Diabetes Association, an organization with whom Haller has volunteered with for several years.

III. PRODUCTION NARRATIVE

A. THE PRODUCTION PROCESS

The first part of the production process for me was gathering footage. I know it is best to start a documentary project with an outline, but I did not type one out for a few months. I had an idea of what aspects of Gordon Haller's life I wanted to cover and the order I intended to present them, so I kept track of that mentally for a while. I was hesitant to write an outline early on because I was concerned I would try too hard to shoot footage that I could shoehorn into that preconceived storyline. Oftentimes the direction of your story changes during the filming process and I wanted to be open to that possibility.

I was anxious to begin organizing his story so I jumped right in with filming. I had read several articles from media outlets like *Sports Illustrated* and *ESPN* prior to meeting Haller in person. They were helpful in recounting his athletic achievements, but they did not tell me much about who he is as a person. Because of that, I knew I was going to have to do some of my own research by talking to him myself. I quickly realized it would be a while before I felt comfortable conducting a sit-down interview.

I decided to focus on collecting cover video first because it would give me a chance to get to know Haller and his wife better. Another reason I took this approach is because during my previous documentary project I did not have enough cover video and I wanted to try and avoid making the same mistake. I began by meeting Haller at his house one Sunday afternoon. He said he and his wife would be working out and I thought that would be a great activity to film. When I arrived, I discovered his wife had worked out earlier so it would just be Haller in his home gym.

One advantage to the location was having the athlete in one spot, which eliminated the challenge of trying to keep up with him if he was running or riding his bike outdoors. A major disadvantage to this room was its size. By cramming a treadmill, two stationary bikes, and a weight machine into a tiny area, floor space was virtually nonexistent. This meant I had little options for where I could set up my tripod. I felt very limited in how and what I could film. I could have used the camera without the tripod, but I did not feel confident in my ability to capture quality video this way.

That first shoot lasted about three hours, which was good because I had plenty of time to talk with Gordon Haller and his wife. This helped build that foundation of trust that would prove invaluable with their interviews later on. About a week after this shoot, Haller told me he was in the hospital and asked if I would like to film him. I was concerned he was in the hospital, thrilled he thought to include me, and worried that I did not have the proper equipment checked out to meet him that night. I made do with my personal DSLR camera and a shotgun microphone from my office. Learning to adapt to outside occurrences became a theme in the production process.

Because Haller was not well for several weeks, I decided to interview Chuck Cates and Malorie Marrs next. Cates photographs local races and one Saturday I attended a race so I could film him in action. I selected this particular race because Haller was supposed to be volunteering at it. He cancelled a few days prior because he was still ill, but I chose to go anyway. Too much footage is always better than not enough.

I began transcribing interviews and logging video as soon as I acquired it. It is much easier to organize footage as you get it than to wait and be overwhelmed by a large amount of work you have to finish all at once. Scheduling time to film Haller proved difficult simply due to life circumstances. He was out of town for a few days when his granddaughter was born and he

was gone again for a while when there was a death in his family. Because of his illness, he was not as in shape as he would have liked so I was only able to film him in one duathlon. I was planning on filming him at a swimming competition later in the spring, but that got nixed when he tore a bicep tendon and needed surgery to repair it. That meant no more competitions for a few months. I was thankful to have filmed the duathlon so I had some video of Haller competing in a race, but I was disappointed I did not get to film more races. One reason is I was not content with the video I captured at the duathlon. I had trouble focusing the camera because the sun was so bright and I was having trouble seeing the camera screen. I also think the video was not as clear because a setting on the camera was off. A friend later pointed out that something may have been loose with the lens.

Shooting interviews with Gordon and Beth Haller proved the most challenging. Beth was incredibly nervous so I did everything I could to make her feel at ease. We filmed in her living room and I let her sit on the couch where she was most comfortable. I did my best to keep my focus on her and not the camera. She eventually calmed down and was fantastic. Gordon needed no help in talking. It quickly became obvious he has told his story many times. The one part I struggled with during this process is I like for my stories to have feeling and that often comes from interviewees having strong emotions like passion or sadness. I discovered Gordon is far more logical than he is emotional. If I asked how he felt about something, he would start listing facts about that thing. It was frustrating, but I realized this is who he is and if I was going to tell his story I should present him as he is.

The second challenge with Gordon Haller's interview was having to shoot it twice. I lost the SD card that contained his two-hour interview before I had saved the footage on my computer. I was so frustrated because I have never lost an SD card and I was also embarrassed to

have to ask to redo the interview. I hated taking up more of his time, but he was incredibly gracious and participated in a second interview. A silver lining in this mishap is I was able to ask him about stories his wife told me. I did not have that option the first time because I had yet to interview her. I was glad I had the opportunity to have him verify and/or discount stories the others had shared with me. I was able to see how a story can, over time, deviate from the simple truth and morph into a fantastical legend. It was also interesting to see how two people might remember the same event differently. The problem with the second interview revealed itself when I returned home and reviewed the footage. Even though the audio sounded great through my headphones during filming, there was a horrendous buzz when I played it back on my computer. I could not possibly ask for a third interview so I cleaned up the audio as best as I could using Adobe Audition and I was very conscious of using natural sound and music to help mask some of the audio I could not fix as well.

Because of all the starting and stopping with filming, I tried to edit and write a script as I went. For example, when I finished interviewing Chuck Cates, I transcribed the interview, selected potential quotes, and then laid those segments out on the timeline. I then put those into the script where I thought they might fit into the narrative. I found this approach to be less overwhelming than trying to write the entire script all at once. When I had completed filming, I already had much of the script laid out so it was simply a matter of rearranging things to make the story flow better and deciding where to add narration in order to convey pieces of the story in a more concise manner.

The film focuses quite a bit on the past, which meant I needed a lot archival footage to help tell the story visually. I was fortunate the Hallers had a box full of photos and newspaper articles for me to use. I was also touched that Beth Haller said because she trusted me, she would

send me home with some rare photos from the first Ironman race so I could scan them. While I was thrilled to have so much content at my disposal, it took some time to sort through all of the material and figure out if and where it would best fit into the film.

B. CONCLUSION

The documentary mostly followed the outline I had envisioned at the start of this project, but I did adapt and make some changes along the way. For example, I thought Gordon Haller's work life would be a larger part of the documentary, but after filming at his office one day, I realized that piece of his life did not merit that much attention. My perception of his story changed some as well. For example, I expected him to tell me this phenomenal tale about how hard he worked to win that first race. And while he did admit to being in great shape, he says it was also a matter of being at the right place at the right time. He thinks he would have competed in an Ironman race eventually, but because he participated in and won the first race, his whole life changed. While Haller is proud of his victory, he can put it into perspective. For example, he says his race time really is not that impressive because it has been beaten by many athletes over the years.

Another thing I did not expect was the Hallers to discuss their separation. I had not anticipated sharing the negative impacts training for races had on their marriage. I am beyond grateful they shared that piece of their history with me because that is a great example of the humanity in this extraordinary accomplishment. Being the first or the best at something does not mean your life will be a fairy tale. These are still regular people who struggle with everyday issues like anyone else.

One of the biggest lessons I learned from this experience is always, always take advantage of the opportunity to film something. It is possible you will end up with footage you

will not use, but that is much better than not having enough video. It is also helpful when life, as it so often does, does not go according to plan. In this instance, I did not get to film all of the things I wanted due to illnesses and familial issues, but I was able to put this film together because I had plenty of footage with which I could work.

One of the strengths of this film is the candidness of the interviewees. Because I worked hard to develop those relationships, they trusted me with some of their most intimate stories and allowed me to capture them on camera. Another strength is the archival footage. Without all of the photos and newspaper articles I am not sure how I would have been able to tell his story visually.

A weakness of the film is the video quality. Some of the footage is out of focus and not as sharp as I would have liked. Part of that comes from lacking confidence in my ability to change the camera's various settings. I knew that was a weakness going into this project and I should have asked for help much sooner than I did. That would have saved me from spending so much time trying to fix things in post-production. However, as I learned from working on this film, things often do not go according to plan and you have to learn how to deal with what you have. Having created this film by myself, I do feel more comfortable using the camera, but I know I could still use some extra training. I am so thankful the interviewees were very open and honest with me. Trusting a stranger with your story is not an easy thing to do. It is an incredible leap of faith. I hope to have the opportunity to apply the skills I learned in this project to my career and to any more documentaries I create in the future.

IV. FILM SCRIPT

VIDEO	AUDIO
FADE IN FROM BLACK CU feet running on treadmill CU stack of weights	FADE NAT IN TRT: 0:13
MS Ironman posters on the wall MS man on treadmill	FADE NAT OUT FADE MUSIC IN (:06) “Prelude No. 20” by Chris Zabriskie TRT: 0:21
CU bike MS shoes CU handlebars CU bicycle poster MS black and white bicycle photo	CHUCK VO: (16:18) “The Ironman triathlon is such a difficult thing to prepare for. We didn’t have clipless pedals and arrow bars and a million other things that are high technology now. It was very rudimentary back then.” (16:35) (:17) TRT: 00:38
CU GORDON running on treadmill PAN up treadmill and left towards the wall	BETH VO: (27:22) “If something changes in your life and you become part of some iconic thing it just defines you to the degree that you can’t get away from it.” (27:32) (:10) TRT: 00:48
Continue PAN of posters on the wall FADE TO BLACK	CHUCK VO: (03:25) “Gordon being the first ever Hawaiian Ironman World Champion winner, he was a legend. He was the first.” (03:38) (:13) MUSIC CONTINUES (:06) TRT: 01:07
FADE TITLE SCREEN UP	MUSIC CONTINUES (:10)

FILM SCRIPT (Cont.)

VIDEO	AUDIO
FADE TO BLACK	FADE MUSIC OUT TRT: 01:18
FADE IN FROM BLACK	FADE NAT IN
WS/PAN RIGHT as GORDON walks bike to transition area LOWER THIRD: Fayetteville, Arkansas	ANNOUNCER VO: “And here’s Team Champion Cycling finishing up here. Good job. Looks like the first bell team unofficially. Okay here we go male 50 to 54. Third place at 26:12 Timothy McFadden from Cabot.” (:20) TRT: 1:38
WS race signs CU race bib MS BETH and fellow spectators	ANNOUNCER VO: “Second place at 25:19 from Ward, Arkansas, Roger Clark. And up top in a 23:59 Brad Beecher from Carl Junction, Missouri.” (:13) TRT: 01:51
MS runner passing row of bikes WS cyclist turning off the road	ANNOUNCER VO: “Male 50 to 54. Brad first, Rogers second, Timothy third.” (:09) TRT: 02:00
WS GORDON checking his watch and running out of the transition area	VOLUNTEER SOT: “Would you like some water?” GORDON SOT: “If you have some left.” TRT: 02:05
WS GORDON stops at aid station, drinks water and continues jogging	NARRATOR: “Gordon Haller is a 65-year old athlete living in Northwest Arkansas. He has participated in 23 Ironman races...” (:08) TRT: 02:13

FILM SCRIPT (Cont.)

VIDEO	AUDIO
<p>Photo of GORDON standing in front of a large poster of himself at an Ironman race</p> <p>MS childhood portrait of GORDON sitting on a bookshelf</p>	<p>FADE NAT OUT</p> <p>NARRATOR: "...and has the distinction of winning the first competition in 1978. Gordon recalls his competitive spirit emerging in elementary school." (:09)</p> <p style="text-align: right;">TRT: 02:22</p>
<p>GORDON Interview</p> <p>LOWER THIRD ID: Gordon Haller, First Ironman Winner</p>	<p>GORDON SOT: (34:59) "Everybody was afraid to tell the teacher that we were late and when the tardy bell went off she said, 'Oh I'm sorry. You missed recess. I'll make it up to you.' So she let us run one lap around the school and I got second. A girl beat me and I changed my attitude that I was not going to let anybody it didn't matter if she was a girl or not." (35:20) (:21)</p> <p style="text-align: right;">TRT: 2:43</p>
<p>1963 photo of GORDON at the pool with friends</p>	<p>GORDON VO: (35:21) "But I started running then and I wanted to be the fastest in the school. By the third grade I was the fastest in the school." (35:28) (:07)</p> <p style="text-align: right;">TRT: 02:50</p>
<p>CU photo of GORDON</p> <p>Photo of GORDON and his 4 siblings</p> <p>High school graduation photo</p> <p>College graduation photo</p>	<p>NARRATOR: "Gordon Wayne Haller was born on August 24th, 1950 in Forest Grove, Oregon. Gordon was the oldest of Wayne and Juanita Haller's five children. After graduating high school, he attended Pacific University where he earned a degree in physics in four years. In 1969, Gordon and his college roommate were drafted and joined the Navy." (:12)</p> <p style="text-align: right;">TRT: 03:12</p>

FILM SCRIPT (Cont.)

VIDEO	AUDIO
GORDON Interview	<p>GORDON SOT: (40:40) “We enlisted, then went to boot camp and then we went to OCS, got our commissions, and both got stationed in Hawaii. Tough break, but (laughs). We were planning on going to Hawaii after we graduated anyway...” (40:43) (:13)</p> <p style="text-align: right;">TRT: 03:25</p>
Photo of Navy officers in front of U.S. flag	<p>GORDON VO: (40:44) “..but we just let Uncle Sam pay for it. Little did we know we would be both making a career out of it.” (40:50) (:06)</p> <p style="text-align: right;">TRT: 03:31</p>
<p>GORDON in Navy uniform with his mom</p> <p>Navy ceremony photo</p> <p>Scans of <i>Sports Illustrated</i> article</p>	<p>NARRATOR: “During his 24-year Navy career, Gordon spent time in Hawaii, California and Oregon where he met his future wife, Beth. Her first impression of Gordon came from a <i>Sports Illustrated</i> article a co-worker suggested reading.” (:15)</p> <p style="text-align: right;">TRT: 03:46</p>
<p>BETH Interview</p> <p>LOWER THIRD ID: Beth Haller, Gordon’s wife</p>	<p>BETH SOT: (04:02) “And I read the article and I was like, it wasn’t very flattering to either of the guys. I was like I have no desire to meet your brother-in-law (laughs).”(04:11) (:09)</p> <p style="text-align: right;">TRT: 03:55</p>
Photo of GORDON and BETH sitting on a rock	<p>BETH VO: (04:18) “About a month later there were a bunch of people that ran and he was there.” (04:22) (:04)</p> <p style="text-align: right;">TRT: 03:59</p>

FILM SCRIPT (Cont.)

VIDEO	AUDIO
GORDON Interview	<p>GORDON SOT: (43:01) “October 4, 1979 in front of my old high school. She had her foot up on a rock stretching and I saw her from behind (laughs). And she had this long single braid down the back.”(43:15) (:14)</p> <p style="text-align: right;">TRT: 04:13</p>
<p>Scan of GORDON and BETH running on a track</p> <p>Photo of BETH, GORDON and his mom</p> <p>Photo of GORDON and BETH at Navy retirement ceremony</p>	<p>BETH VO: (04:23) “We ended up running together and was like ‘Oh, he’s really nice’ because we ended up talking the whole entire time just the two of us.” (04:31) (:08)</p> <p>FADE MUSIC IN</p> <p>“The Archway” by Albin Andersson (:06)</p> <p style="text-align: right;">TRT: 04:27</p>
Photo of GORDON and BETH (post-bike ride selfie)	<p>BETH VO: (05:10) “He was going to do the Ironman and took him to the airport.”(05:14) (05:16) “I remember this very clearly.”(05:18) (:06)</p> <p style="text-align: right;">TRT: 04:33</p>
BETH Interview	<p>BETH SOT: (05:26) “Because I rolled my window down, said bye and then he said ‘Well when I come back can I take you out to dinner?’ And I thought and I said yes and then I literally thought when I drove away from there that, I thought, ‘I think I’m going to marry him someday.’” (05:40) (:14)</p> <p style="text-align: right;">TRT: 04:47</p>
Wedding photo	<p>FADE MUSIC OUT</p> <p>NARRATOR: “Gordon and Beth married on July 17th, 1982 and now have three children and one grandchild.” (:09)</p> <p style="text-align: right;">TRT: 04:56</p>

FILM SCRIPT (Cont.)

VIDEO	AUDIO
Photo of kids	GORDON VO: (47:02) “Being married was never in my life’s plan.”(47:04) (:02) TRT: 04:58
GORDON Interview	GORDON SOT: (47:05) “Having children was never in my life’s plan, but things change.” (47:09) (:04) TRT: 05:02
Snowy family photo	GORDON VO: (47:11) “I met Beth and that changed my attitude about that.” (47:16) (:05) TRT: 05:07
Photo of GORDON holding an infant Photo of GORDON reading to a baby	BETH VO: (06:26) “He was hands on from the beginning. Did everything, absolutely everything. He was always there. And now he doesn’t keep in touch as much as sometimes they would like because he’s really busy...” (06:38) (:12) TRT: 05:19
BETH Interview	BETH SOT: (06:39) “...and he works a lot but when there’s a problem they always call him. Always (laughs), so.” (06:45) (:06) TRT: 5:25
Father/son workout photo Photo of GORDON and daughter Family photo with pregnant daughter	BETH VO: (06:46) “He’s very patient and he’s very understanding and he’s kind of the peacekeeper of the family. He’s a great dad.” (06:55) (:09) FADE MUSIC IN (:08) “Lavender” by Ai Aso TRT: 05:42

FILM SCRIPT (Cont.)

VIDEO	AUDIO
BETH Interview	<p>BETH SOT: (09:50) “A lot of people who are really into triathlons and Ironmans, it can affect your marriage and it does affect people’s marriage and it did affect our marriage, but we worked through that, you know.” (10:02) (:12)</p> <p style="text-align: right;">TRT: 05:54</p>
<p>Photo of GORDON standing by a stroller in race gear</p> <p>Photo of baby in a stroller with a “Go Daddy” sign</p>	<p>BETH VO: (10:03) “It’s hard to train for an Ironman when like you have little kids and a lot of people do that now.” (10:09) (:06)</p> <p style="text-align: right;">TRT: 06:00</p>
Photo of GORDON checking his watch while running a race	<p>GORDON VO: (51:06) “There were years where I wasn’t very good at balancing at all.” (51:09) (:03)</p> <p>FADE MUSIC OUT</p> <p>(51:33) “But I got better as time went by. I changed my workouts so...” (51:37) (:04)</p> <p style="text-align: right;">TRT: 06:07</p>
GORDON Interview	<p>GORDON SOT: (51:38) “...I maybe cut it a little bit short and then instead of taking a nap I’d go do stuff around the house like I’m supposed to do.” (51:44) (:06)</p> <p style="text-align: right;">TRT: 06:13</p>
Photo of GORDON running down the street with his daughters	<p>GORDON VO: (51:45) “Or sometimes I would wait until the kids were asleep and then I would go ride in the basement.” (51:50) (:05)</p> <p style="text-align: right;">TRT: 06:18</p>

FILM SCRIPT (Cont.)

VIDEO	AUDIO
Scan of GORDON on cover of Walmart World magazine	<p>NARRATOR: “Through the years, Gordon’s involvement with the Ironman has continued to impact other aspects of his life including his job as a programmer analyst for Walmart.” (:10)</p> <p style="text-align: right;">TRT: 06:28</p>
Scan of GORDON’s article in Walmart World magazine	<p>GORDON VO: (01:29:38) “It has its good points and its bad points, but the bad points aren’t quite so bad.”(01:29:42) (:04)</p> <p style="text-align: right;">TRT: 06:32</p>
<p>WS GORDON’s office</p> <p>MS GORDON looking at computer</p> <p>MS nameplates</p> <p>CU GORDON’s face</p> <p>CU GORDON’s hand on the mouse</p> <p>MS Trifest for MS hat on the desk</p>	<p>GORDON VO: (01:52:12) “I walk around at work, people introduce me to new people and say ‘Oh this is the original Ironman.’ They don’t say ‘This is Gordon.’ So some people don’t even know my name. They just know who I am. So sometimes that gets a little old, but I still enjoy talking to people about triathlons and whatnot.” (01:52:30)(:18)</p> <p style="text-align: right;">TRT: 06:50</p>
BETH Interview	<p>BETH SOT: (38:14) “It’s really great and it opens a lot of doors.” (38:18) (:04)</p> <p style="text-align: right;">TRT: 06:54</p>
<p>WS race start/finish line</p> <p>LOWER THIRD: Bentonville, Arkansas</p>	<p>BETH VO: (38:19) “We meet a lot of people because of it.” (38:22) (:03)</p> <p style="text-align: right;">TRT: 06:57</p>
MS CHUCK walking around photographing runners	<p>FADE NAT IN “Uptown Funk” by Bruno Mars (over speakers) (:16)</p> <p style="text-align: right;">TRT: 07:13</p>

FILM SCRIPT (Cont.)

VIDEO	AUDIO
CU event photos poster WS runners on the square	ANNOUNCER VO: “Alright thanks guys. Alright we are ready to rock and roll. Everybody says the course is ready. Are you guys ready? 8K runners you guys ready?” NAT: Crowd cheers (:09) TRT: 07:22
MS spectators	ANNOUNCER VO: “Alright. On your mark...” (:02) TRT: 07:24
WS CHUCK photographing runners at the start line	ANNOUNCER VO: “...Set...” (:02) NAT: Gunshot (:02) CHUCK VO: (59:38) “I met Gordon right at four years ago.” (59:41) (:03) TRT: 07:31
CHUCK Interview LOWER THIRD ID: Chuck Cates, Gordon’s friend	FADE NAT OUT CHUCK SOT: (59:47) “I was photographing the Slaughter Pen Jam mountain bike races and he was volunteering. And it was the last day. It was a three-day event and it was the last day.” (59:59) (:12) TRT: 07:43
CU runners’ feet WS runners running up the hill CU CHUCK photographing runners MS cheering spectators	CHUCK VO: (02:00:09) “And he said, ‘Well I have to go do some training for a triathlon I’m training for.’ And I said, ‘Really you’re training for a triathlon?’ He said, ‘Yeah it’s my first half Ironman that I’m training for.’ And I said, ‘Oh that’s a good distance. You’ll do, you’ll do really well at that distance.’” (02:00:27) (:28) TRT: 08:01

FILM SCRIPT (Cont.)

VIDEO	AUDIO
CHUCK Interview	<p>CHUCK SOT: (02:00:28) “He said, ‘Yeah it’s my first half Ironman. I’ve done lots of Ironmans, but I’ve never done a half Ironman.’ And I said, ‘Oh. You’re Gordon Haller.’ (laughs) And he just, he didn’t make me feel embarrassed or anything he just said, ‘Yeah I’m Gordon Haller.’” (02:00:45) (:17)</p> <p style="text-align: right;">TRT: 08:18</p>
<p>Photo of GORDON walking in the Hall of Fame parade</p> <p>CU GM logo</p>	<p>CHUCK VO: (02:00:57) “And that’s how we, that’s how we introduced ourselves.” (02:00:59) (:02)</p> <p>(01:06) “After my last year of college I lived in Shreveport with my, with my family. And there was a General Motors Assembly Plant there.” (01:15) (:09)</p> <p style="text-align: right;">TRT: 08:29</p>
CHUCK Interview	<p>CHUCK SOT: (01:58) “You had 18 seconds per truck and I could usually finish my job on my truck in about six seconds. So I had twelve seconds to read.” (02:08) (:10)</p> <p style="text-align: right;">TRT: 08:39</p>
<p>Photo of GORDON finishing swim</p> <p>Photo of GORDON biking</p>	<p>CHUCK VO: (02:18) “I would read about Gordon Haller this Ironman legend in <i>Triathlon Magazine</i> in the pits at General Motors.” (02:27) (:09)</p> <p>FADE MUSIC IN “Up in the Air (Instrumental)” by Lisa Germano (:07)</p> <p style="text-align: right;">TRT: 08:55</p>

FILM SCRIPT (Cont.)

VIDEO	AUDIO
<p>Photo of GORDON running a race</p> <p>Photo of GORDON and Tom Knoll</p> <p>Photo of GORDON and other Ironmen</p>	<p>CHUCK VO: (10:07) “What inspires me more than anything about Gordon is his humbleness and his just unassuming goodness. He knows who he is. He loves to tell stories about what he’s done and his races, but you have to ask him before he’ll tell you.” (10:30) (:23)</p> <p style="text-align: right;">TRT: 09:18</p>
<p>Photo of GORDON and CHUCK running</p>	<p>FADE MUSIC OUT</p> <p>CHUCK VO: (11:10) “As an athlete I would say Gordon has taught me patience and the understanding that it’s not a flash in the pan ordeal.” (11:21) (:11)</p> <p style="text-align: right;">TRT: 09:29</p>
<p>CHUCK Interview</p>	<p>CHUCK SOT: (11:22) “It’s a life journey. It’s a lifestyle and so just take the good with the bad and don’t get too excited about the great days and don’t get too down on the bad days just...” (11:33) (:11)</p> <p style="text-align: right;">TRT: 09:40</p>
<p>WS GORDON in hospital bed</p> <p>FADE TO BLACK</p>	<p>CHUCK VO: (11:34) “... keep it in the middle. And I think that’s probably the key to his longevity.” (11:49) (:05)</p> <p>FADE MUSIC IN (:03) “House of Insomniacs” by Alexander Turnquist</p> <p style="text-align: right;">TRT: 09:48</p>
<p>TITLE SCREEN: Following a medical procedure, Gordon developed an infection which led to a multi-day stay in the hospital.</p> <p>FADE TO BLACK</p>	<p>MUSIC CONTINUES (:06)</p> <p>GORDON VO: (02:52) “First thought was crap. (laughs)” (02:54) (:02)</p> <p style="text-align: right;">TRT: 09:56</p>

FILM SCRIPT (Cont.)

VIDEO	AUDIO
GORDON hospital interview	<p>GORDON SOT: (02:55) “I don’t need to feel bad. I hate feeling bad.”(02:59) (:04)</p> <p>FADE MUSIC OUT</p> <p style="text-align: right;">TRT: 10:00</p>
PAN down IV bags	<p>GORDON VO: (03:00) “Beth tells everybody that I have a really high tolerance for pain, but I don’t have a high tolerance for annoyance. It just really bothers me when I don’t get to, when I’m unable to do things that I want to do like that...” (03:12) (:12)</p> <p style="text-align: right;">TRT: 10:12</p>
WS information board with date and nurses’ names	<p>GORDON VO: (03:13) “...for some reason that I have no control over.” (03:16) (:03)</p> <p style="text-align: right;">TRT: 10:15</p>
CU nurse information poster CU clock	<p>GORDON VO: (08:18) “I remember when I was sick in 1969 for all those months...” (08:24) (:06)</p> <p style="text-align: right;">TRT: 10:21</p>
GORDON hospital interview	<p>GORDON SOT: (08:25) “... that I used to take an inner tube and put on my calf and do exercises like that. I’d take a ball or something I could squeeze. And do curls with the inner tubes and all kinds of exercises like that.” (08:36) (:11)</p> <p style="text-align: right;">TRT: 10:32</p>
CU heart monitor CU IV bags	<p>GORDON SOT: (09:38) “That’s kind of the impetus behind all of my workouts. I was determined I was never going to have that happen to me again.” (09:45) (:07)</p> <p style="text-align: right;">TRT: 10:39</p>

FILM SCRIPT (Cont.)

VIDEO	AUDIO
April 1969 photo of GORDON	<p>NARRATOR: “In the summer of 1969, Gordon had just finished his first year of college. To stay in shape, he started running with the high school track team.” (:09)</p> <p style="text-align: right;">TRT: 10:48</p>
GORDON Interview	<p>GORDON SOT: (38:07) “And I started getting beaten by all these high school kids that shouldn’t have been even close to me. And I realized that there was something wrong so I just quit in the middle of one of the time trials we had and walked home and went to the doctor and said I had tonsillitis, strep throat, and mono all at once so no wonder I was feeling weak.” (38:28) (:21)</p> <p style="text-align: right;">TRT: 11:09</p>
<p>August 1969 photo of GORDON with friends</p> <p>November 1969 photo of GORDON using crutches</p>	<p>GORDON VO: (38:29) “And it got to where I was walking slower and I couldn’t run anymore so I started riding my bike everywhere. And after about a week I couldn’t ride my bike anymore. I just didn’t have the strength to pedal and so I spent most of the summer in bed. I would get around on crutches because my legs were not, they were pretty much paralyzed. I could feel them but I couldn’t move them. I had no strength whatsoever.” (38:50) (:21)</p> <p style="text-align: right;">TRT: 11:30</p>
NASA footage of astronauts on the moon	<p>GORDON VO: (59:03) “The day that Neil Armstrong landed on the moon, I could walk again. So it was a giant leap for me kind.” (40:01) (:08)</p> <p>FADE MUSIC IN (:05) “Idea” by Kai Engel</p> <p style="text-align: right;">TRT: 11:43</p>

FILM SCRIPT (Cont.)

VIDEO	AUDIO
Photo of moon landing	<p>ARMSTRONG VO: “That’s one small step for man, one giant leap for mankind.” (:09)</p> <p style="text-align: right;">TRT: 11:52</p>
<p>Photo of GORDON running track</p> <p>Scan of Kapiolani run win newspaper article</p>	<p>NARRATOR: “Once he regained his strength, Gordon kept running track in college. Following graduation, he continued his athletic pursuits, which included winning the Maui Marathon twice and being named Hawaii Runner of the Year three times. In 1978, another health issue brought Gordon face to face with the race that would change his life.” (:21)</p> <p style="text-align: right;">TRT: 12:13</p>
Scan of marathon win newspaper article	<p>GORDON VO: (01:03:54) “I flew back to Hawaii just in time for the Honolulu Marathon, which was four weeks after the Marine Corp Marathon.” (01:03:58) (:04)</p> <p>FADE MUSIC OUT</p> <p style="text-align: right;">TRT: 12:17</p>
GORDON Interview	<p>GORDON SOT: (01:03:59) “I was having a little bit of a sciatic nerve problem in my leg and I ran the first six miles of the marathon and decided it just wasn’t going to work. Plus I probably wasn’t really recovered. Enough for the 10K I ran in the Mojave Desert but not for another marathon. So I stopped and, I chose to stop near where somebody I knew was standing and was talking to them and I wish I could remember who it was.” (01:04:26) (:27)</p> <p style="text-align: right;">TRT: 12:44</p>

FILM SCRIPT (Cont.)

VIDEO	AUDIO
<p>Navy sports program award</p> <p>Relay race award</p>	<p>GORDON VO: (01:04:32) “And he said they’d invented a race for me. And I said, ‘Oh yeah, what was it?’ And he said, ‘Well it involves, swimming, biking and running.’ I said, ‘Well I do all of those all of the time so I could probably do that.’” (01:04:46) (:14)</p> <p style="text-align: right;">TRT: 12:58</p>
<p>BETH Interview</p>	<p>BETH SOT: (30:47) “He never quits. So this one day he quit and by the fact that he quit and ran into one guy his whole life changed.” (30:57) (:10)</p> <p style="text-align: right;">TRT: 13:08</p>
<p>Photo of GORDON and other athletes waiting for the start of the first Ironman race</p>	<p>GORDON VO: (01:05:47) “I always preface saying I wish I could remember.”(01:05:49) (:02)</p> <p>(01:05:51) “If you’re out there and you hear this and you know it was you, let me know (laughs).” (01:05:57) (:06)</p> <p style="text-align: right;">TRT: 13:16</p>
<p>GORDON Interview</p>	<p>GORDON SOT: (01:06:02) “I’d like to thank him I guess for getting me aimed in the right direction for that. I mean I’m sure that I would have done an Ironman eventually without that, but maybe not the first one.” (01:06:13) (:11)</p> <p style="text-align: right;">TRT: 13:27</p>

FILM SCRIPT (Cont.)

VIDEO	AUDIO
<p>Scan of newspaper article advertising the race</p> <p>Photo of GORDON talking to his support team prior to the race</p>	<p>NARRATOR: “Gordon read about the race in a local newspaper. The competition was dreamed up by John Collins, a Naval Officer stationed in Hawaii and his wife Judy. By combining three endurance races on the island into one, the goal was to see who the toughest athletes were: swimmers, bikers or runners. On February 18th, 1978, Gordon was one of 15 competitors who showed up for that race.” (:27)</p> <p style="text-align: right;">TRT: 13:54</p>
<p>GORDON Interview</p>	<p>GORDON SOT: (01:09:37) “On the shore at the surf club where the race started I was talking to my paddler who was an 11-year-old kid that was in the family I was renting a room from. And he did a great job, guided me through the 2.5 miles, perfect straight line.” (01:09:54) (:17)</p> <p style="text-align: right;">TRT: 14:11</p>
<p>Photo of GORDON and paddler in the water</p> <p>Photo of GORDON and paddler reaching the shore</p>	<p>GORDON VO: (01:09:50) “I had asked him at the beginning if he thought he could do it and he said, ‘Do you think you can?’ So I said okay I’m sure he can then.” (01:10:03) (:07)</p> <p>FADE IN MUSIC “Kentucky Mule” by Tate Peterson (:11)</p> <p style="text-align: right;">TRT: 14:29</p>
<p>GORDON Interview</p>	<p>GORDON SOT: (01:10:36) “After the swim, a lot of us just went up to the Hale Koa Hotel, which is a military hotel, took a shower in the locker room, changed into dry clothes and hopped on our bikes.” (01:10:49) (:13)</p> <p style="text-align: right;">TRT: 14:42</p>

FILM SCRIPT (Cont.)

VIDEO	AUDIO
Photo of GORDON on a bike	<p>GORDON VO: (01:10:50) “So who knows how long the transition was.” (01:10:52) (:02)</p> <p>(01:11:55) “I came into the finish line of the bike and hopped off the bike and jumped in the fountain at the Aloha Tower. It was quicker than taking a shower.”(01:12:05) (:10)</p> <p style="text-align: right;">TRT: 14:54</p>
GORDON Interview	<p>GORDON SOT: (01:12:12) “So I got out and dried off and I should have been running right there, but I did a newspaper interview.” (01:12:19) (:07)</p> <p style="text-align: right;">TRT: 15:01</p>
Photo of GORDON drinking a soda and getting a massage	<p>GORDON VO: (01:12:23) “And I’m standing there drinking with my shorts and shoes on and I thought, ‘Well I better get going.’” (01:12:29) (:06)</p> <p>NARRATOR: “During the last leg of the race, Gordon tried to catch up to John Dunbar. It wasn’t until mile 15 that Gordon spotted the race leader.” (:09)</p> <p style="text-align: right;">TRT: 15:16</p>
GORDON Interview	<p>GORDON SOT: (01:12:53) “And I stopped to hit the Porta-Potty, and then started running again. Caught him at 18 miles and got a cramp, had to get a massage, my hamstrings, and then caught him a couple more times. And at 21 when I caught him he looked terrible. He was dying. He was white as a sheet. And you see the dried sweat all over his face.” (01:13:16) (:23)</p> <p style="text-align: right;">TRT: 15:39</p>

FILM SCRIPT (Cont.)

VIDEO	AUDIO
Photo of GORDON running on the beach	<p>GORDON VO: (01:13:17) “And he just looked awful and I thought, ‘Well, five miles to go and he looks that bad he’s not even going to finish, but I’m going to because I felt pretty good and that made me feel better.”</p> <p>“So I picked up the pace and my two buddies running with me. I did the last 5.2 in just over 30 minutes. I was running a six-minute pace for the last part of it.” (01:13:39) (:22)</p> <p style="text-align: right;">TRT: 16:01</p>
Photo of GORDON running on the beach	<p>GORDON VO: (1:13:40) “We crested Diamond Head and you got like a mile and a half, two miles to the finish line, downhill, flat. You could see the one spotlight at the finish line way down at the other end of Kapiolani Park. Which is right at the end of Waikiki. And I was flying down the road.”</p> <p>“Got to the finish line and they said, ‘Are you in the race?’ And I said, ‘Yeah’ and they said, ‘Well, you’re done.’ I said, ‘Great.’ So that was it. That’s the exciting ‘You are an Ironman kind of moment you know.’” (01:14:10) (:30)</p> <p style="text-align: right;">TRT: 16:31</p>
Newspaper articles about GORDON’s triathlon win	<p>NARRATOR: “Only 12 of the 15 competitors finished the race. Gordon won with a time of 11 hours and 46 minutes, but he didn’t stop there.” (:09)</p> <p style="text-align: right;">TRT: 16:40</p>

FILM SCRIPT (Cont.)

VIDEO	AUDIO
<p>Newspaper article about GORDON's military pentathlon victory</p> <p>Photos of GORDON swimming in Japan</p> <p>Photo of GORDON running in Japan</p>	<p>FADE MUSIC IN "Well" by Adam Selzer</p> <p>NARRATOR: "He kept on competing. He finished fourth and sixth in the second and third Ironman races, respectively. In 1981, he was a member of the U.S. team that won the military pentathlon. He participated in competitions in Japan, Canada and the Canary Islands. Each new accomplishment only added to the legend of Gordon Haller." (:30)</p> <p style="text-align: right;">TRT: 17:01</p>
<p>Photo of GORDON at 2003 Ironman race</p> <p>Canary Islands newspaper article about GORDON competing</p>	<p>FADE MUSIC UP and then OUT (:33)</p> <p style="text-align: right;">TRT: 17:34</p>
<p>Screenshot of Ironman's Facebook post on the 2016 anniversary</p> <p>Subtitles of the conversation</p>	<p>COMMITTEE MEMBER 1 VO: (34:03) "Is today the anniversary?"</p> <p>GORDON VO: "Hm?"</p> <p>COMMITTEE MEMBER 1 VO: "Is today the anniversary date?"</p> <p>GORDON VO: "Yup."</p> <p>COMMITTEE MEMBER 1 VO: "Oh wow."</p> <p>GORDON VO: "Thirty-eight years ago today."</p> <p>COMMITTEE MEMBER 1 VO: "Forty-eight? How many?" (34:08) (:05)</p> <p style="text-align: right;">TRT: 17:39</p>

FILM SCRIPT (Cont.)

VIDEO	AUDIO
<p>WS GORDON and committee members sitting at conference table eating lunch</p> <p>Subtitles of the conversation</p>	<p>GORDON SOT: (34:09) “Thirty-eight years.” (laughter)</p> <p>COMMITTEE SOT: (laughter)</p> <p>GORDON SOT: “I’m almost 68.” (34:16) (:07)</p> <p style="text-align: right;">TRT: 17:46</p>
<p>CU meeting agenda</p>	<p>COMMITTEE MEMBER 2 VO: (34:17) “He did it when he was five.” (laughter continues) (34:22) (:05)</p> <p style="text-align: right;">TRT: 17:51</p>
<p>WS GORDON and committee members sitting at conference table eating lunch</p> <p>Subtitles of the conversation</p>	<p>GORDON SOT: (34:23) “I’m only 65 now, so I’ll be around for another couple of those.” (34:28) (:05)</p> <p>FADE NAT OUT</p> <p style="text-align: right;">TRT: 17:56</p>
<p>MALORIE interview</p> <p>LOWER THIRD ID: Malorie Marrs, American Diabetes Association</p>	<p>MALORIE SOT: (20:50:14) I know Gordon through our Tour de Cure event. Gordon does our routes and he helps with our logistics for this event. It’s our cycling event that we have every year. We have a 20, a 50, a 62.5 and a 100 mile ride. We also have a family-friendly 5K.” (20:50:30) (:16)</p> <p style="text-align: right;">TRT: 18:12</p>
<p>CU GORDON smiling at conference table</p>	<p>FADE NAT IN</p> <p>MALORIE VO: (20:50:30) “And Gordon does all the markings for that. He also was the one who drafted up the original plan for the routes.” (20:50:36) (:06)</p> <p>CONTINUE NAT (:02)</p> <p style="text-align: right;">TRT: 18:20</p>

FILM SCRIPT (Cont.)

VIDEO	AUDIO
CU committee member taking notes WS committee members sitting at conference table CU committee member taking notes MS committee members listening MS GORDON eating and listening	MALORIE VO: (20:52:29) “Gordon attends all of our meetings. He listens in on everything. He’s been a pivotal part to the offsite workings of Tour for years, but he also wants to know what’s going on on site because it’s important.” (20:52:43) (:14) FADE NAT OUT (:02) TRT: 18:36
MALORIE interview	MALORIE SOT: (21:00:51) “If he was to get off the committee right now I would be lost just because of his tenure with us, his attitude, his easygoingness, his love for the cause, and his just overall, his just overall helpfulness. He’s just somebody that is a strong advocate for the ADA, but he’s a strong advocate in the community.” (21:01:12) (:21) TRT: 18:57
MS GORDON talking to committee members and laughing	FADE NAT IN MALORIE VO: (21:01:12) “He’s just a good leader when it comes to health and wellness, but then also just being a good, stand-up person.” (21:01:20) (:08) GORDON VO: (01:24:16) “There was a guy at work who was looking for volunteers to be in a play.” (01:24:21) (:05) (01:24:38) “And I got a part.” (01:24:42) (:03) FADE NAT OUT TRT: 19:13

FILM SCRIPT (Cont.)

VIDEO	AUDIO
GORDON Interview	<p>GORDON SOT: (01:25:01) “So then after I got done with that I started doing some other volunteering. I got, by a fluke was invited to help out with the Tour de Cure.” (01:25:11) (:10)</p> <p style="text-align: right;">TRT: 19:23</p>
<p>Photo of GORDON standing with Tour de Cure volunteers</p> <p>FADE TO BLACK</p>	<p>GORDON VO: (01:25:12) “Somebody said, ‘Hey, anybody have the day off on Friday, the day before the tour to help mark the course?’ And I said, ‘Sure I do.’” (01:25:18) (:06)</p> <p style="text-align: right;">TRT: 19:29</p>
<p>TITLE SCREEN: Gordon became heavily involved in volunteering during the nearly 18 months he and his wife were separated.</p> <p>FADE TO BLACK</p>	<p>Silence (:02)</p> <p>GORDON VO: (01:23:53) “That was self-preservation I think.” (01:23:57) (:04)</p> <p style="text-align: right;">TRT: 19:35</p>
GORDON Interview	<p>GORDON SOT: (01:23:59) “Because in June of 2010 Beth moved back to Colorado and so I was looking for something to do. I couldn’t just workout all the time.” (01:24:11) (:12)</p> <p style="text-align: right;">TRT: 19:46</p>
BETH Interview	<p>BETH SOT: (40:26) “I was shocked actually how much he was doing, but he needed, he had that time and he needed to do things besides just train. But then he realized he really enjoyed it so he kept up certain things.” (40:43) (:17)</p> <p>FADE MUSIC IN “The Nest (Instrumental)” by Josh Woodward</p> <p style="text-align: right;">TRT: 20:03</p>

FILM SCRIPT (Cont.)

VIDEO	AUDIO
Photo of GORDON directing race competitor	<p>GORDON VO: (01:26:25) “That first year I ended up doing 373 hours of volunteer time.” (01:26:32) (:07)</p> <p style="text-align: right;">TRT: 20:10</p>
GORDON Interview	<p>GORDON SOT: (01:26:34) “Because of marking the course and the rehearsals and everything else and I ended up getting involved in a couple other charities you know one day at a time.” (01:26:41) (:07)</p> <p style="text-align: right;">TRT: 20:16</p>
Photo of GORDON Rampy MS Research Foundation athletes	<p>GORDON VO: (01:26:45) “Second year I ended up doing 250 some odd hours. A little bit less, but you get tired after a while.” (01:26:56) (:11)</p> <p style="text-align: right;">TRT: 20:27</p>
Photo of GORDON with large group of friends	<p>MALORIE VO: (20:55:21) “He’s the same way that he is in life as he is in a race.” (20:55:25) (:04)</p> <p>(20:55:32) “He’s a wonderful mentor, he’s not somebody that’s, he knows that he’s done well with his career and done well with his athleticism, but he’s not somebody that is very chauvinistic about it or boastful.” (20:55:45) (:13)</p> <p>FADE MUSIC OUT</p> <p style="text-align: right;">TRT: 20:44</p>
Photo of GORDON with friends post-race	<p>BETH VO: (39:19) “Sometimes over the years I think people haven’t thought he was really humble.” (39:22) (:03)</p> <p style="text-align: right;">TRT: 20:47</p>

FILM SCRIPT (Cont.)

VIDEO	AUDIO
BETH Interview	<p>BETH SOT: (39:24) “Somebody said to me one time you know the thing is when he talks about the past when he was really, really fast, he’s not really bragging. He’s just saying he did do what he says. (laughs) He did. He’s not making it up.” (39:39) (:15)</p> <p style="text-align: right;">TRT: 21:02</p>
GORDON running to the Iron Pig finish line	<p>FADE NAT IN (:13)</p> <p>BETH VO: (23:20) “He’s a very, very honest person.” (23:22) (:02)</p> <p style="text-align: right;">TRT: 21:17</p>
BETH Interview	<p>FADE NAT OUT</p> <p>BETH SOT: (23:23) “I think from his experience in the military he sees things a little more black and white.” (23:29) (:06)</p> <p style="text-align: right;">TRT: 21:23</p>
BETH checking on GORDON after the race	<p>FADE NAT IN (:04)</p> <p>BETH VO: (23:33) “Honesty and justice are really important to him.” (23:35) (:02)</p> <p style="text-align: right;">TRT: 21:29</p>
WS runners head for the finish line	NAT: Cheering, race announcer (:09)
MS spectator standing	TRT: 21:38
GORDON talking to BETH after the race	<p>BETH VO: (44:54) “He loves the Ironman. He loves to work out. I mean he just loves to work out.” (44:59) (:05)</p> <p>GORDON VO: (52:43) “Sometimes it’s only I walk a mile.” (52:45) (:02)</p> <p>FADE NAT OUT</p> <p style="text-align: right;">TRT: 21:45</p>

FILM SCRIPT (Cont.)

VIDEO	AUDIO
GORDON Interview	<p>GORDON SOT: (53:00) “But for actual workouts not counting the walking I probably do five or six days a week.” (53:06) (:06)</p> <p>FADE NAT IN</p> <p style="text-align: right;">TRT: 21:51</p>
<p>CU clock</p> <p>CU Joan Samuelson autographed photo on the wall</p> <p>MS GORDON doing sit-ups in his home gym</p>	<p>NAT: Clock ticking (:07)</p> <p>BETH VO: (16:50) “I certainly never had any idea nor did anybody else what it would become. (16:54) (:04)</p> <p style="text-align: right;">TRT: 22:02</p>
MS Ironman posters hanging on the wall	<p>GORDON VO: (01:16:14) “No clue whatsoever. I mean I thought it was great, but you know I didn’t think that many other people in the world would think it was that great.” (01:16:21) (:07)</p> <p style="text-align: right;">TRT: 22:09</p>
<p>Archival footage of old Ironman races</p> <p>CU Ironman branded mug</p>	<p>NARRATOR: “Ironman has come a long way from its humble beginnings. It’s grown into a global brand with over 200 events in more than 25 countries, race entry fees around \$700, and licensed merchandise.” (:14)</p> <p>GORDON VO: (01:21:31) “They have gotten just a little more commercial than I’d like to see.” (01:21:34) (:03)</p> <p style="text-align: right;">TRT: 22:26</p>
GORDON Interview	<p>GORDON SOT: (01:19:49) “That’s another thing about Ironman. It costs so much to do an Ironman-branded race even the 70.3’s.” (01:19:57) (:08)</p> <p style="text-align: right;">TRT: 23:34</p>

FILM SCRIPT (Cont.)

VIDEO	AUDIO
<p>Photos of GORDON running an Ironman race in Branson</p>	<p>GORDON VO: (01:19:28) “A lot of other races of that distance are much less expensive down in the 100, 200 dollar range, which is still a lot for a race, but I know they have logistics to cover.” (01:20:09) (:11)</p> <p>(01:20:55) “And then of course there’s things like when they banned us for nine years, those of us who created the race.” (01:21:00) (:05)</p> <p>(01:21:02) “They wouldn’t even let us do the race even though we were willing to pay the money to do the race.” (01:21:07) (:05)</p> <p style="text-align: right;">TRT: 22:55</p>
<p>GORDON Interview</p>	<p>GORDON SOT: (01:21:08) “And then when it came to be the 20th anniversary and they wanted us there, suddenly we’re all able to do the race again. So they waited ‘til they need us to invite us back.” (01:21:21) (:13)</p> <p style="text-align: right;">TRT: 23:08</p>
<p>Magazine article about GORDON and other original competitors</p> <p>Photo of GORDON biking in a race</p>	<p>FADE MUSIC IN “Lavender” by Ai Aso</p> <p>NARRATOR: “The ban was a result of a lawsuit over ownership of the Ironman name. It ended it 2004 with a non-compete agreement. As Gordon has continued to compete, he’s met more and more people interested in his story.” (:14)</p> <p>FADE MUSIC OUT</p> <p style="text-align: right;">TRT: 23:22</p>

FILM SCRIPT (Cont.)

VIDEO	AUDIO
Photo of GORDON pouring water on his head during a race	<p>BETH VO: (36:13) “I was at a triathlon about three years ago.” (36:16) (:03)</p> <p>(36:33) “We’re waiting for the awards right? I’m just standing there with him, he’s going to get an award; I was getting an award.” (36:40) (:07)</p> <p style="text-align: right;">TRT: 23:32</p>
BETH Interview	<p>BETH SOT: (36:41) “We were kind of standing apart and I hear this guy in front of me say, ‘That guy’s the original Ironman. Man that is awesome!’ And I just said to him, I said, ‘At home we just call him dad.’” (36:52) (:09)</p> <p style="text-align: right;">TRT: 23:41</p>
<p>Photo of GORDON autographing a shirt</p> <p>Photo of GORDON posing for a picture with a woman</p>	<p>BETH VO: (17:42) “They do that all the time. Every time. Every time. Or they want his autograph you know. Usually it’s a picture though.” (17:54) (:12)</p> <p>FADE MUSIC IN “Bloom (Instrumental)” by Josh Woodward</p> <p style="text-align: right;">TRT: 23:53</p>
<p>CU GORDON putting on his biking shoes</p> <p>MS clock</p> <p>CU GORDON putting on his gloves</p> <p>CU bike poster on the wall</p> <p>WS GORDON sitting on his bike in his home gym</p>	<p>MUSIC CONTINUES (:30)</p> <p style="text-align: right;">TRT: 24:23</p>
CHUCK Interview	<p>FADE MUSIC OUT</p> <p>CHUCK SOT: (13:07) “To think of when I was a 21-year-old kid in Shreveport reading about Gordon...” (13:14) (:07)</p> <p style="text-align: right;">TRT: 24:31</p>

FILM SCRIPT (Cont.)

VIDEO	AUDIO
CU bike spokes MS GORDON pedaling bike	FADE NAT IN CHUCK VO: (13:15) "...and now I think of Gordon as one of my very best friends and how it all came together, inwardly I'm very blown away by that." (13:27) (:12) TRT: 24:43
CHUCK Interview	CHUCK SOT: (13:31) "Outwardly I think Gordon would want me to be as gracious as he is about it and just be you know real even keel and cool about it. And yeah, this is my friend Gordon." (13:43) (:12) TRT: 24:55
CU hand gripping the handlebar CU GORDON's face	FADE NAT IN (:08) TRT: 25:07
CU pedals spinning CU GORDON's chest	BETH VO: (42:36) "His goal is to do the Ironman when he's 80. He's 65 and it's possible." (42:44) (:08) TRT: 25:15
CU water bottle attached to bike frame MS GORDON pedaling bike in his gym FADE TO BLACK	BETH VO: (43:11) "I actually think he can do it. You know he'll be last maybe, but who cares when you're 80. (laughs) That'll be a good story I think when he gets there." (43:22) (:11) FADE NATS OUT (:04) FADE MUSIC IN TRT: 25:30

FILM SCRIPT (Cont.)

VIDEO	AUDIO
FADE IN FROM BLACK ROLL CREDITS	FADE MUSIC IN “Springish” by Gillicuddy CONTINUE MUSIC (:30)
FADE TO BLACK	FADE MUSIC OUT TRT: 26:00
WS GORDON sitting on his bike and wiping his face with a towel FADE TO BLACK	GORDON SOT: “Well, that was fun.” (:13) TRT: 25:13

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